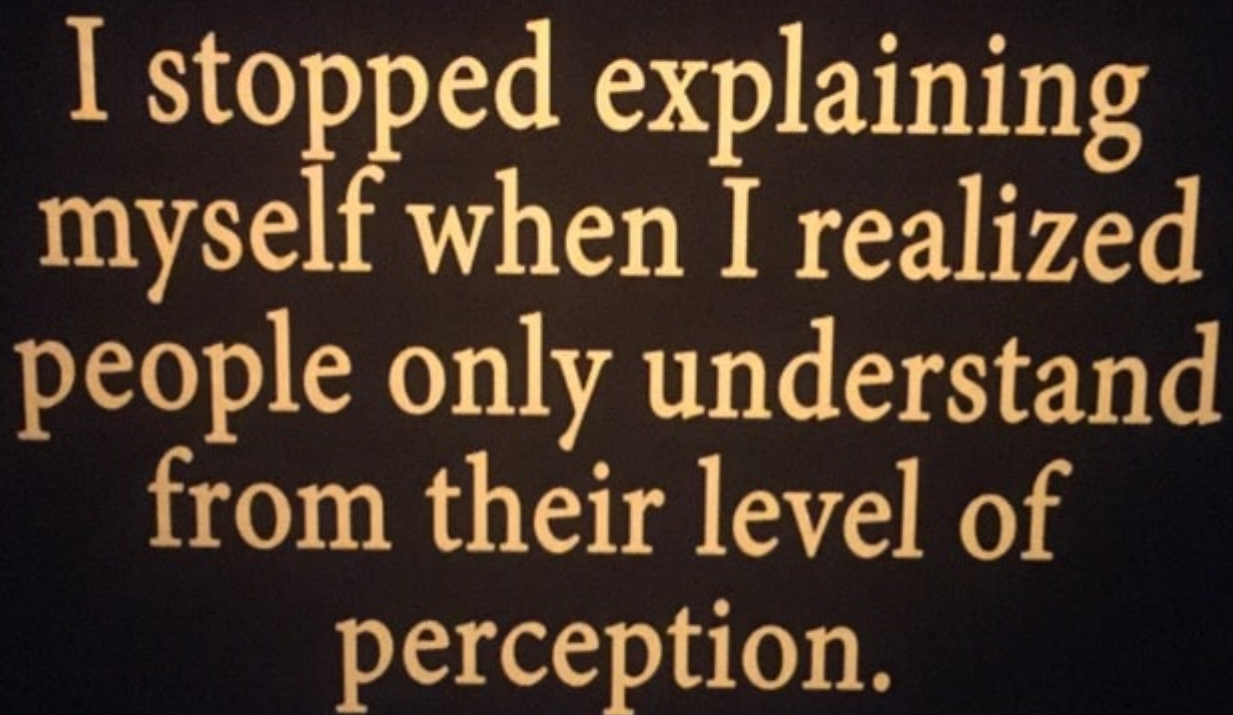


Why 'WHO' Packs Your Parachute Matters Deeply

The lesson of the day: LCHF/keto food gurus think the two chemicals below are identical and cause the same problems. (Their Dunning Kruger moment) I pulled this picture off a prominent MD's twitter account to make a point that the food gurus are not aware of what they do not know.

A quote by Jack Kruse is displayed in a serif font against a dark, textured background. The text is arranged in five lines, with the first four lines being larger and the fifth line being smaller. The quote is: "I stopped explaining myself when I realized people only understand from their level of perception."

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Jack Kruse

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